



## Stretching exercises for the office

<http://www.ccohs.ca/oshanswers/ergonomics/office/stretching.html>

\*\*\* *You should never feel pain with stretching exercises* \*\*\*

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| <b>Finger<br/>Stretching</b> |  |  |
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### **Wrist Stretching**

1. With your hand open and facing down, gently bend wrist to one side as far as possible and hold for 3 to 5 seconds. Repeat, stretching to other side. Repeat sequence 3 times.

2. Start by stretching your arm and hand out and slowly rotate the wrist down until you feel a stretch. Hold for 3 to 5 seconds. Next, rotate the palm up until you feel a stretch. Repeat 3 times.

3. Grasp your hand and hold your fingers and thumb with the other hand. Slowly bend your wrist down until you feel a stretch. Hold for 3 to 5 seconds. Relax. Repeat 3 times. Then slowly bend your wrist up until you feel the stretch. Hold and relax as above.

4. Sitting with your elbows on the table and palms together, slowly lower wrists to the table until you feel a stretch (your elbows will move outward a bit). Be sure to keep your palms together throughout the stretch. Hold 5 to 7 seconds. Relax. Repeat 3 times.

